DAY 40 · Part 4 · What to Watch Out For

Where did I stop and AI start? — Saying when AI made it

Five-Minute AI Lessons · Oct 16, 2026

Saying so isn't confessing — it's a name tag. One line on which piece you got help with is enough.

In a nutshell

1. Saying you used AI isn't confessing to something. **It's a label that shows which part is your own work** — if you don't say it, even the parts you did well get doubted.

2. Doing it is easier than you think. **Split the assignment into five pieces — topic, sources, draft, polish, fact-check — and write one line on who did each**. That's it.

3. Pictures and videos sometimes get invisible marks too. Google puts invisible watermarks in what its models make, and the European Union has written into law **a rule that AI-made content must carry a mark machines can read** (when it kicks in is still being adjusted).

In one picture

If you don't say / If you say

If you don't say

· Even your best parts get doubted
· Your teacher can't tell where to help
· If it comes out, it all looks like a lie

→

If you say

· What you did stands out clearly
· Your teacher finds exactly where to help
· You can use it openly next time too

That one line isn't a confession that costs you points — it's a fence that protects your share.

Key idea: saying so makes your share clear; staying quiet blurs even your share

Split the assignment into pieces and label them

Handed it all over

Four of five pieces by AI

Pick a topic | Find sources | Write a draft | Polish it | Fact-check

There's so much to disclose that it basically says 'I did nothing.' And the most dangerous part: nobody fact-ch...

Did it together

AI did just one piece

Pick a topic | Find sources | Write a draft | Polish it | Fact-check

You got stuck on the first paragraph, so you only got help with the draft. Then one line is enough: 'AI drafted...

Did it all myself

Only a spell-checker as a tool

Pick a topic | Find sources | Write a draft | Polish it | Fact-check

Spell-check is a tool people have used for ages, so you usually don't need to mention it. If it didn't make the...

Compare the same book report done three different ways. Orange is a piece AI did, green is a piece you did, and...

Try it yourself in the web lesson · next-token.net/en/learn/day-40/

Quick check

Just three questions

Q1

What's the biggest reason to say you used AI?

① To clearly protect the part I did
② To get in less trouble
③ Because the AI asks you to
④ To hit the word count

Q2

What easy way to disclose AI use did you learn today?

① Just write 'used AI' at the top
② Split the task into pieces and note each one
③ Change the text color
④ Make it shorter

Q3

What's an invisible mark put into a picture called?

① A bookmark
② A password
③ A watermark
④ A screenshot

Know the why, too

Q1

① If you don't say it, even the parts you did well get doubted. That one line isn't a confession — it's a fence that protects your share.

Q2

② Split it into topic, sources, draft, polish and fact-check, and you can say exactly which piece you got help with in one line.

Q3

③ It's a mark people can't see but machines can read. The European Union is also preparing rules that require marks like this.

Saying so isn't confessing — it's a name tag.
One line on which piece you got help with is enough.

Tomorrow: Homework and AI: where's the line — handing it all over vs doing it together: there's just one test.